

APPENDIX A

Food Group Properties

Poultry	rich in protein and non-protein nitrogen, low carbohydrate, pH 5.7 to 6.7, fat found in abdominal cavity and beneath the skin (Ray, 1996; Jackson, 1997)
Red Meats	similar protein and carbohydrate composition to poultry, pH 5.5 to 6.0, fat evenly distributed through muscle tissue (Ray, 1996; Jackson 1997)
Fruits	high in carbohydrates (including complex carbohydrates), very low in proteins, pH less than 4.5 (Ray, 1996)
Vegetables	fairly rich in carbohydrates (including complex carbohydrates), low in proteins, generally high pH (Ray, 1996)
Fish	high levels of non-protein nitrogen compounds and protein, almost no carbohydrates, pH generally less than 6.0 (Ray, 1996)
Edible fungi (e.g. mushrooms, truffles)	high in protein, porous surface

Cited References:

Ray *et al.*, "Fundamental Food Microbiology", CRC Press, Boca Raton, FL (1996), pp. 213-232.

Jackson, T. *et al.* in "Food Microbiology: Fundamentals and Frontiers"; Doyle, M., Beuchat, L., and Montville, T. (eds). ASM Press, Washington, D.C. (1997).